

## Five savoury veggie delights worth the crust

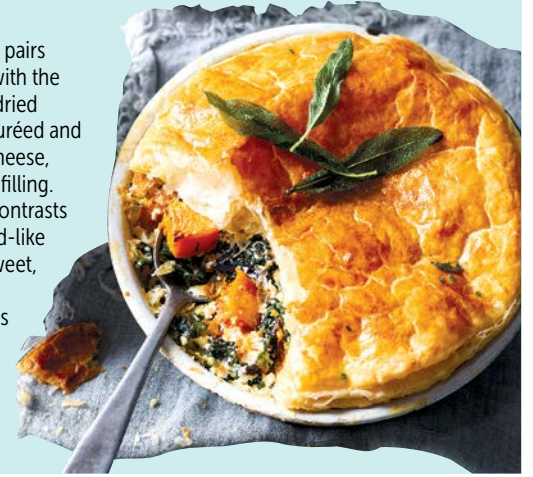
## SPINACH AND CHEESE PIE

Spinach and Cheese Pie is a comforting savoury dish that combines sautéed spinach with crumbled or grated cheese, often feta, or a mild cheddar, layered inside a crisp pastry shell. The filling is sometimes enriched with garlic, nutmeg, or herbs to add subtle

complexity without overpowering the natural flavour of the greens. The spinach and cheese mixture inside will be soft and slightly creamy, and the exterior of the pie will be flaky. This pie strikes a balance between light and delicious, making it a popular choice for brunches, lunchboxes, or as a vegetarian main. Spinach is a good source of iron and folate, and paired with cheese, it adds calcium and protein, turning this into a simple yet nutritious meal that doesn't rely on strong spices to stand out.

## PUMPKIN AND SAGE PIE

Pumpkin and Sage Pie is a savoury dish that pairs the natural sweetness of roasted pumpkin with the distinct, slightly peppery aroma of fresh or dried sage. The pumpkin is typically mashed or puréed and combined with a small amount of cream, cheese, or seasoning to create a smooth, flavourful filling. Encased in a crisp pastry shell, the texture contrasts between the flaky crust and the soft, custard-like interior. The flavour is mellow and gently sweet, with the sage adding a savoury depth that keeps it from tasting like a dessert. This pie is often enjoyed as a vegetarian main or side, especially in cooler months, and offers nutrients like beta-carotene, fibre, and vitamin C, making it both wholesome and comforting.



## MUSHROOM AND CARAMELISED ONION PIE

This pie brings together sautéed mushrooms and onions that have been slowly cooked until golden and slightly sweet. The mixture is often enriched with herbs, garlic, and sometimes a little cream or sharp cheese, then tucked into a flaky pastry crust. The outer shell is crisp and buttery, while the filling is soft, moist, and full of depth. Unlike heavier pies, this one leans on the natural flavour of its ingredients rather than heavy seasoning. With mushrooms providing key nutrients like selenium and B-vitamins, and onions offering anti-inflammatory compounds, it's a flavourful vegetarian option that works well as a main course or as a snack.



## PANEER AND PEAS PIE

Paneer and Peas Pie is a hearty Indian-inspired savoury pie featuring crumbled paneer and green peas cooked in a mildly spiced tomato-onion base. The filling is usually flavoured with cumin, ginger, garlic, and garam masala, giving it a warm, familiar taste without being overly intense. It's then wrapped in a golden, flaky pastry that adds a crisp texture. The combination of protein-rich paneer and fibre-packed peas makes this pie both filling and nutritious. It works well as a standalone dish or can be served with a

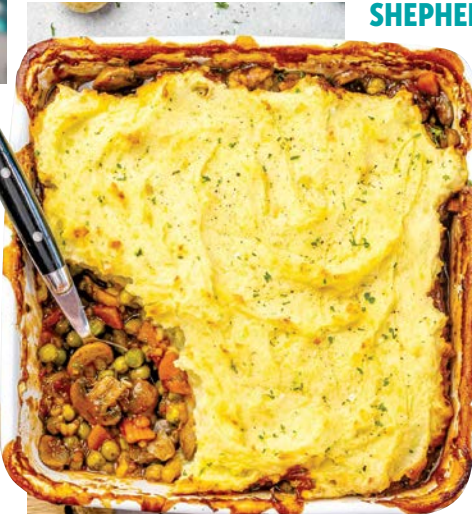


side salad or chutney. The flavour is balanced, gently spiced, slightly tangy, and rich without being heavy, offering a satisfying twist on traditional Indian flavours in a bakery-style format.

Vegetarian pies are hearty, flavourful, and endlessly versatile. With vibrant veggies, savoury sauces, and golden pastry, they deliver comfort without compromise. You can mix and match ingredients—think roasted roots with herbs, greens with garlic, or mushrooms in a creamy béchamel. From spiced fillings to cheesy layers, veg pies let you play deliciously with texture and taste.

## SHEPHERD'S PIE

Shepherd's Pie is a classic savoury dish traditionally made with minced meat. In the vegetarian version, however, meat can be replaced with well-boiled ingredients like lentils, mashed vegetables (like carrots, peas, and beans), and a creamy mashed potato topping. This pie can be high in fibre, vitamins, and plant-based protein, while being low in saturated fats if prepared with minimal dairy. The base is cooked in a lightly spiced tomato or gravy-style sauce, while the mashed potatoes are usually seasoned with butter, herbs, and sometimes cheese. In terms of texture, it has a soft and creamy top layer with a slightly crispy golden crust, and a moist, chunky filling underneath. The taste is comforting and savoury, mildly tangy from tomatoes, earthy from lentils or vegetables, and rich from the buttery potatoes. It's a wholesome, balanced one-dish meal perfect for both kids and adults.



## Olive Oil vs Olive Pomace Oil: trade-offs and more

## WHAT IS OLIVE POMACE OIL?

Olive pomace oil is a type of olive oil extracted from the leftover olive pulp, skin, and pits that remain after the first pressing of olives that were used to make extra virgin and virgin olive oil. To extract the remaining oil, this residual paste is treated with heat and mild solvents, then refined and blended with a small amount of virgin olive oil to improve its flavour and aroma. While it doesn't have the same antioxidant content or strong taste as extra virgin olive oil, olive pomace oil has a high smoke point and neutral flavour. It's commonly used in commercial kitchens and households as a more affordable alternative to extra virgin olive oil.

## WHY IS OLIVE POMACE OIL POPULAR?

Pomace oil is a much cheaper alternative to extra virgin or virgin olive oil. Being an extremely budget-friendly option makes it tremendously popular among huge



restaurant chains, large-scale catering companies, and even among households. Other than the affordability, the high smoke point present in pomace oil offers more advantages in the kitchen. It provides greater versatility, allowing for a wider range of cooking techniques such as deep-frying, roasting, shallow frying, and stir-frying at higher temperatures without the risk of burning the oil. Unlike extra virgin olive oil, pomace

oil has a milder taste. This makes it apt for recipes where you don't want the oil to overpower the dish. Baking and other neutral-flavour cooking needs are covered by pomace oil. Since the pomace oil is made from the residual pulp and skins after the first press of olives, it reduces waste and supports sustainability in olive oil production.

## OPPORTUNITY COST OF AFFORDABLE POMACE OIL

The opportunity cost of affordable pomace oil is nothing but one's health. Unlike extra virgin or virgin olive oils, pomace oil has very few antioxidants, poor anti-inflammatory properties, and fewer micronutrients. In essence, one sacrifices superior nutritional quality for affordability and functionality. Pomace oil has a neutral or mild flavor, so choosing it over more flavorful oils like sesame oil, butter, or extra virgin olive oil might mean a dull taste in salads, dips, or Mediterranean dishes, and a loss of unique culinary characteristics. Pomace oil involves solvent extraction (usually using hexane) and high-heat refining, which can raise concerns about environmental and chemical exposure, and means you might give up a more natural or organic oil (like cold-pressed oils).

## KNOW THE DIFFERENT TYPES OF OLIVE OILS

The main types of olive oil are extra virgin, virgin, refined, and olive pomace. Extra virgin olive oil is the highest quality, unrefined, and has the best flavor and health benefits. Virgin olive oil is also unrefined but may have minor defects. Refined olive oil is processed to remove impurities and has a neutral flavor. Olive pomace oil is extracted from the remaining residue after pressing olives and is of the lowest quality.



## Centenary celebrations

Club Tennis de Gaspar Dias, Miramar, is organising an engaging and interactive lecture on the 'Sacred Grooves of Goa'. The event is open to all and urges the public to be part of this enlightening experience.

**Venue:** Level 1 Hall, Club Tennis de Gaspar Dias, Miramar  
**Date:** June 14  
**Time:** 6 pm - 7 pm

## Celebration of the feast of the Holy Spirit



The Feast of the Holy Spirit was solemnly celebrated at the Holy Spirit Church, Old Market, Margao, on Sunday. The main celebrant for the Eucharistic celebration was Fr Romeo Monteiro, Chancellor of the Bishop's Palace, Panjim. He was joined by several



concelebrating priests. Parish Priest Fr Amândio Valadares extended warm festive greetings to the congregation. In his homily, Fr Romeo emphasised the significance of the gifts of the Holy Spirit, reminding the faithful that "we are the temples of the Holy Spirit; God Himself dwells within us."

## Ocean awareness and action at Miramar beach



On World Oceans Day 2025, an awareness campaign was organised at Miramar Beach, Panjim, drawing attention to the urgent issue of plastic pollution and its critical impact on the environment and human health. The initiative was a collaborative effort by Ayya Waste Management, OneEarth Foundation, and Uzwaad, a passionate student group from Dheme College of Arts and Science, Goa.

The vibrant street play performed by the students captured the attention of tourists and locals. Through powerful visuals and sensitising storytelling, they portrayed the devastating effects of

single-use plastic, chemical pollution, and the tragedy unfolding in our water bodies, showing how these issues not only threaten marine life but also severely impact human health and the livelihoods of local fishermen. The play served as a stark reminder of how the health of our oceans is deeply intertwined with life on land.

Following the performance, a beach clean-up drive was conducted, during which participants collected over 35 kilograms of waste, including glass, paper, and plastic. What made the event truly inspiring was the spontaneous involvement of the public, including

tourists, residents, and even children, who eagerly joined the cleanup, moved by the students' dedication.

The campaign became more than just an environmental event; it evolved into a strong and emotional message of unity and action. It reminded us all that small steps, taken together, can ripple into lasting change. This World Oceans Day celebration was not just a call to action, but a celebration of community spirit, youth leadership, and hope for a cleaner, healthier future.



## Herald Gaming Console

## Dilbert



## Garfield



## Wizard of id



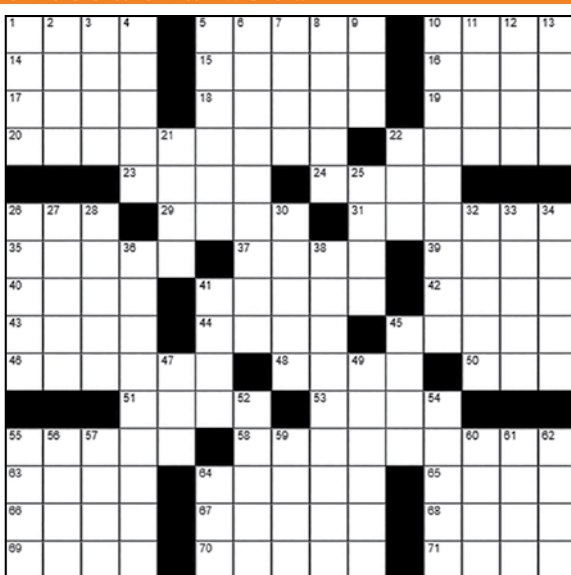
## crossword 4867

## ACROSS

1- Bullets and such; 5- Pulitzer category; 10- Greek portico; 14- Work up lather; 15- Give guns again; 16- Magic stick; 17- Would \_\_\_ to you?; 18- Some nobles; 19- Duel tool; 20- One to whom a letter is directed; 22- Like non-oyster months; 23- Furthermore; 24- Mideast airline; 26- Actor Byrnes; 29- Lip-\_\_\_; 31- Breathe in; 35- Caribbean resort; 37- Able was \_\_\_; 39- Israel's Abba; 40- Winder for holding flexible material; 41- Aconcagua's range; 42- Helper; 43- Western pact; 44- Elderly, matured; 45- More peculiar; 46- Not rough; 48- Boutique; 50- Music producer Brian; 51- Frisbee, e.g.; 53- Dutch cheese; 55- Syrup source; 58- Star; 63- Fully qualified; 64- \_\_\_ Gras; 65- Actress Ward; 66- Revivalists; 67- Dot in the ocean; 68- Adolescent; 69- Ballpark figs; 70- Disreputable; 71- Neb. neighbor;

## DOWN

1- Largest continent; 2- Shape; 3- Female servant; 4- Musical drama; 5- Stylish; 6- Process of forming conclusions; 7- Swiss river; 8- 1957 hit for the Bobbettes; 9- Early hrs.; 10- Arrogant person; 11- Record; 12- Singles; 13- Citrus coolers; 21- Adamson's lioness; 22- Campaigned for office;



## solution 4866



## sudoku 4867



## Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

## solution 4866

